

"HOMEMADE" GEFILTE FISH

by Guest Contributor

Fish

1-1/2 lbs. boneless ground fish
1 lg. Onion
2-3 carrots
2 eggs beaten
3 tsp. salt
3-5 tsp. Sugar (to taste)
1 tsp. pepper
1/2 cup matzo meal.

Broth

3 carrots sliced
1 lg. onion chopped
1/2 cup sugar
2 tbs. salt
1/2 tsp. pepper
Bones from fish (ask the fish man to give you all the bones).

Fish: A typical mixture of fish is 1lb of whitefish and 1/2 lbs. of pike. Finely grate the carrots and onion together, or bring them to the store and have the fish man grind them for you. Mix all of the ingredients in a bowl.

Broth: Fill a large pot with water and add all the ingredients for fish broth. Bring to a boil.

Shape fish into small balls or into larger oval balls. Use water to moisten your hands to make it easier. If the fish mixture feels too stiff add a little water. Drop into the boiling broth. Cook for 2 hours on medium flame covered. Check the water level during cooking to make sure it stays full. Allow the fish to cool before removing from the pot. Refrigerate well before serving.